

Lostn Looking

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Darren Mitchell (AUS) & Cathryn Proudfoot (AUS) - May 2006
音樂: Good Directions - Billy Currington : (Album: Doin' Somethin' Right)



Dance starts with lyrics after 32 count intro

1,2,3&4 BACK, FWD, RIGHT HEEL-BALL CROSS:

Rock back on R behind L, replace weight on L, touch R heel at 45 degrees,
Step back on R slightly behind L, step L across in front of R

5&6,7,8 RIGHT HEEL-BALL CROSS, SIDE ROCK:

Touch R heel at 45 degrees, step back on R slightly behind L, step L across in front of R,
Rock step R to side, replace weight to L

&1&2&3&4 RIGHT KNEE POPS WITH FINGER CLICKS:

Lift R heel bending R knee towards L leg, lower R heel to straighten leg #####

Clicking R fingers down beside thigh at the same time as lowering heel

Repeat 3 times taking weight on R on beat 4

&5&6,7,8 BALL CROSS SHUFFLE, 1/4 RIGHT, 1/4 RIGHT:

Step back on L, step R across in front of L, step L to side, step R across in front of L,
Turn ¼ R stepping L back, turn ¼ R stepping R to side

1&2,3&4 LEFT HEEL-BALL CROSS, LEFT HEEL-BALL CROSS:

Touch L heel at 45 degrees, step back on L slightly behind R, step R across in front of L,
Touch L heel at 45 degrees, step back on L slightly behind R, step R across in front of L

5,6,7,8 SIDE ROCK, BACK ROCK:

Rock step L to side, replace weight on R, rock back on L behind R, replace weight on R

1,2&3&4 LEFT DOROTHY STEP, RIGHT LOCKING SHUFFLE TO 45 DEGREES:

Step L fwd to 45 degrees, lock step R behind L, step L to side

Step R fwd to 45 degrees, lock step L behind R, step R fwd to 45 degrees

5,6&7&8 LEFT DOROTHY STEP, RIGHT LOCKING SHUFFLE TO 45 DEGREES:

Step L fwd to 45 degrees, lock step R behind L, step L to side

Step R fwd to 45 degrees, lock step L behind R, step R fwd to 45 degrees

1,2&3,4 ROCK FORWARD, BACK, 1/2 LEFT, 1/2 LEFT, 1/4 LEFT:

Rock L fwd to straighten up, rock back on R, turn ½ L to step L fwd

Turn ½ L to step R back, turn ¼ L to step L to side

5&6,7,8 CROSS SHUFFLE, SIDE ROCK:

Step R across in front of L, step L to side, step R across in front of L, Rock L to side, replace weight on R

1&2,3,4 LEFT SAILOR STEP WITH 1/4 TURN L, ROCK FORWARD BACK:

Step L behind R, turn ¼ L stepping R together with L step L fwd, Rock step R fwd, replace weight on L

5,6&7,8 BACK, DRAG, BALL-STEP, STEP:

Step back on R, drag L toe back towards R, step L slightly back, step fwd on R, step fwd on L

1&2,3 SHUFFLE RIGHT FORWARD, STEP LEFT FORWARD:

Step R fwd, step L together with R, step R fwd, step L fwd

4,5,6,7,8 RIGHT MONTEREY 1/2 TURN, LEFT MONTEREY 1/4 TURN, STEP RIGHT FORWARD:

Touch R toe to side, turn back $\frac{1}{2}$ R on ball of L foot stepping R together with L,

Touch L toe to side, turn $\frac{1}{4}$ L on ball of R foot stepping L together with R, step R fwd **

1,2&3&4 ROCK FORWARD, BACK, 1/2 LEFT SHUFFLE FORWARD:

Rock L fwd, replace weight on R, turn back $\frac{1}{2}$ L, Step L fwd, step R together with L, step L fwd

5,6,7,8 STEP 1/2 PIVOT TURN LEFT, SIDE ROCK:

Step R fwd, pivot turn $\frac{1}{2}$ L taking weight on L, rock R to side, replace weight on L

END OF DANCE

****RESTARTS: On Walls 2 & 4, leave off last 8 counts and replace BEAT 56 (STEP R FWD) with TOUCH R slightly to side and restart from beginning.**

On Wall 6 at this point of the dance sequence, there is a big down beat in the music? Replace the knee pops and finger clicks with the following 4 counts:

&1,2,3,4 FLICK, STOMP, HOLD, HIP ROLL ANTI CLOCKWISE:

Flick R heel behind L leg, stomp R out to side, hold for one beat of music Roll hips full circle anti clockwise finishing with weight on R

ENDING: The music slows towards the End of the song. Keep dancing at pace for the first 8 counts and do a hinge turn back $\frac{1}{2}$ R to face the front

HAVE FUN WITH THIS ONE?. Daz & Cathryn :)
